

THE NAVAJO NATION



JONATHAN NEZ | PRESIDENT MYRON LIZER | VICE PRESIDENT

December 6, 2021

Navajo Department of Health Health Advisory Notice (HAN) COVID-19 Community Advisory No. 55 —Safety Precautions

WINDOW ROCK, AZ – The Navajo Health Command Operations Center is issuing uncontrolled spread of COVID-19 advisory for the following communities. The cases reflect dates November 19, 2021 – December 2, 2021. The advisory will be in effect until the risk and cases decline.

The following communities are identified as having uncontrolled spread of COVID-19:

Baca/Prewitt	Dennehotso	Nageezi	Rock Point	Thoreau
Becenti	Ganado	Nahatadziil	Rock Springs	Tohajiilee
Beclabito	Hogback	Nahodishgish	Rough Rock	Tohatchi
Bird Springs	Indian Wells	Naschitti	Sanostee	Tonalea
Black Mesa	Inscription House	Navajo Mountain	Sheepsprings	Tsaile/Wheatfields
Bread Springs	Kaibeto	Nazlini	Shiprock	Tsayatoh
Chichiltah	Kayenta	Newcomb	Shonto	Tselani/Cottonwood
Chinle	Lechee	Oak Springs	St. Michaels	Tuba City
Churchrock	Leupp	Pinedale	Standing Rock	Twin Lakes
Coppermine	Low Mountain	Pinon	Tachee/Blue Gap	Upper Fruitland
Cove	Lupton	Ramah	Teecnospos	Whippoorwill
Coyote Canyon	Manuelito	Red Mesa	Teesto	White Horse Lake
Crownpoint				

****Schools serving these communities need to implement layers of mitigation to meet the high level of COVID-19 community transmission.***

All residents should take precautions to protect their health from the spread of COVID-19. Individuals with the following conditions are at higher risk of being affected from COVID-19.

People at Increased Risk for Severe Illness	Might be at Increased Risk for Severe Illness
<ul style="list-style-type: none">• Older Adults• Cancer• Chronic kidney disease• Chronic obstructive pulmonary disease• Heart conditions• Immunocompromised state• Obesity and severe obesity• Pregnancy• Sick cell disease• Smoking• Type 2 diabetes mellitus	<ul style="list-style-type: none">• Asthma• Cerebrovascular disease• Cystic fibrosis• Hypertension or high blood pressure• Immunocompromised state• Neurologic conditions, such as dementia• Liver disease• Overweight• Pulmonary fibrosis• Thalassemia• Type 1 diabetes mellitus

All residents should practice health and safety measures:

- Get vaccinated.
- Wear a mask in the public.
- Avoid close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Clean and disinfect frequently touched surfaces daily.
- Avoid touching your face, nose, and eyes with unwashed hands.
- Clean and disinfect your vehicle, home, workspace and other common areas on a regular basis.
- Social distance - keep 6 feet between yourself and others.
- Limit gatherings with individuals outside your immediate household.

For more information, including helpful prevention tips, and resources to help stop the spread of COVID-19, visit the Navajo Department of Health's COVID-19 website: <http://www.ndoh.navajonnsn.gov/COVID-19> . For COVID-19 related questions and information, call (928) 871-7014.